



### Monday

8:30	MINDFUL VINYASA	75 min Tricia
10:15	SWEET & LOW DOWN (ALL LEVEL)	75 min Tricia
11:45	Pause + RECONNECT (*FREE*)	15 min Tricia
6:15	DEEP STRETCH & MEDITATION (ALL LVL)	65 min Tricia

### Tuesday

8:30	VINYASA	60 min Nora
10:15	BEGINNER	75 min Tricia
11:45	YOGA NIDRA (*FREE*)	15 min Tricia
5:00	FEEL GOOD FLOW	60 min Kathy
6:30	YIN HOUR	60 min Kathy

### Wednesday

8:30	MINDFUL VINYASA	75 min Nora
10:15	SWEET & LOW DOWN (ALL LEVEL)	75 min Nora
5:30	CORE EXPLORE PILATES&FUNCTIONAL MVMT	60 min Tricia
7:00	CANDLELIGHT YIN / RESTORATIVE	65 min Tricia

### Thursday

8:30	VINYASA	60 min Tricia
10:15	SWEET & LOW DOWN (ALL LEVEL)	75 min Claudia
6:30	YIN / RELAXATION	75 min Kim

### Friday

8:30	MINDFUL VINYASA	75 min Tricia
10:15	YIN / GENTLE	75 min Claudia

### Saturday

8:30	VINYASA	60 min Anna
10:00	BEGINNER	60 min Anna

### Sunday

9:30	VINYASA	60 min Kathy
6:00	YIN / RELAXATION	75 min Kim

**\*\*ALL CLASSES** are IN STUDIO & ON ZOOM (Class recordings can be made available!)

**Check our EVENTS PAGE for special classes and events**